

You can get **two colors** in **one meal** with this recipe. Enjoy the new twist for a fruity entrée.



## Cranberry Pear Chicken

### Ingredients:

- 4 chicken breasts
- 1 Tablespoon veggie oil
- Salt and pepper to taste
- 1 onion chopped (about 1 cup)
- 3 firm pears, peeled, cored, and diced
- ½ cup fresh cranberries (you can get these frozen)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger

- ❖ Sprinkle chicken breast lightly with salt and pepper. Brown in oil – until chicken is cooked mostly all the way through.
  - ❖ In another big pan add oil and cook onions until softened. Add pears, cranberries, cinnamon, and ginger. Stir to combine well.
  - ❖ Place chicken (mostly cooked) on top of fruit mixture. Cover and let simmer 10 – 12 minutes.
- ½ cup of fruit mixture provides 1 fruit serving